

THE GLEICHEN CALL

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The Ottawa Letter

In parliament a trade agreement is being ratified between Canada and Russia by which Russia will buy some Canadian wheat.

From a commercial standpoint it may not open up a big new market, but it will foster friendship and will do something to relieve the tension that has existed between these nations. It, as it were, opens the door of good relations with a country with which we must live. No one wishes to carry on the cold war to the breaking point of a real war. All desire to keep as far away from a third world war as possible.

The story is told of a gentleman, who wished to hire a coachman, interviewing three applicants. He asked each the following question: "How near can you drive to a precipice in safety?" The first said, "twice feet," the second said, "one foot," and the third said he would stay as far away as possible from it. The third man got the job.

On the surface there seems to be a change in the attitude of the Soviet.

Stalin slowly gathered into his own hands complete power. He was an able man but his methods were cruel and ruthless. He was praised by all because he was feared. It was fear of the police, fear of banishment and fear of liquidation that allayed all opposition.

Light is penetrating dimly through the Iron Curtain. Education is being promoted in a big way and when there is enlightenment there will be, it is hoped, more goodwill and mutual understanding.

The Trans-Canada Highway. It was hoped to have this road completed this year but progress has not been so rapid as expected so an extension of four years has been arranged.

The highway must conform to standards agreed upon by the nine provinces and the Dominion. Quebec has not entered into the agreement at all and it is stated that there are very good roads all through Quebec.

Each province decides on the route through its areas and the costs are divided between the Dominion and the province. The federal government by the first agreement was to pay 50 percent of the costs but, by the new terms 90 percent will be paid under certain conditions.

The length of the highway through the nine provinces is 4,497 miles and there are 83 miles of road in national parks. Up to the present, 2,850 miles have been paved but only 1,600 miles up to the standard agreed upon. No work has been done on 185 miles. The standard calls for a 24-foot pavement of either concrete or asphalt and a 10-foot shoulder on each side. The right-of-way must be 100 feet wide except where there is dense population, where 66 feet is acceptable. When built the road will be maintained by the provinces. The province awards the contracts but they must be approved by the engineers of the Dominion. Progress payments are made and the federal contribution will be upwards of 250 million dollars.

All members who spoke on the amendments hoped that Quebec would come into the scheme as the people of that province pay a share through federal taxation.

The road will help the tourist traffic and be of great benefit to the Canadian people.

F. W. GERSHAW.

School Board

Request of the Red Deer Valley School Division received for the transfer of lands on which a new coal mine is to be located near East Coulee claiming that this will now become part of the industrial area covered by that division. Request was referred to the Municipal Council and decided to support their recommendations in this regard.

Moved and adopted that all Divisional Bursary students be offered six weeks practice teaching under a regular classroom

teacher during the months of May and June and that they be compensated at the rate of \$6 per day.

Moved and adopted that a tuition agreement be entered into with the Board of St. Rita's School District for the education of all high school pupils from the Rockyford Centralization area at St. Rita's Separate School.

The Teacher's Salary Negotiation Committee was present and terms for a new salary schedule were mutually agreed upon for a basic salary of \$2200 for one years training plus \$400 for each additional years training until a degree is obtained. Increments of \$150.00 per year allowed for experience until approximately 50 percent of the basic salary is reached. Other clauses in the schedule remain approximately as formerly.

A representative of Engineered Buildings Ltd. of Calgary was present and after lengthy discussion of the teacher shortage and living accommodation it was decided to get sketch plans and estimated costs of various types of houses and duplex apartments with modern facilities provided.

Date Set For Public Hearings

Final date for the submission of briefs to the legislative committee studying the working of the Liquor Act has been set for June 1st.

Public hearings will open June 8 for the purpose of hearing oral support of written presentations and the questioning of witnesses. Locations of the hearings will be determined by the localities in which briefs originate.

Organizations and groups wishing to make written submission are requested to file 12 copies of their briefs with the Clerk of the Assembly, Legislative Buildings Edmonton.

The committee is headed by Edgar Gerhart. Members represent both sides of the Legislature and include Education Minister Anders O. Aalborg, Chester Saunders, Ira McLaughlin, Harrington, J. Percy Page, Richardall and Nick W. Dushenski.

In recent weeks the group has been making studies in collaboration with the Alberta Liquor Control Board. When public hearings are concluded and the investigation is complete, a report with recommendations will be prepared for submission to the government for legislative action.

The minister was making slow progress urging his church board to approve the spending of \$200 for a new chandelier. Finally he asked rather heatedly of one adamant member: "Just why, Henry, do you persist in your disapproval?" "For two reasons," said Henry. "First \$200 is too blamed much; and second I doubt if anyone in the whole church knows how to play a chandelier."

Robinson had died and gone below. Hardly had he settled down when a heavy hand slapped him on the back, and into his ears boomed the familiar voice of a persistent salesman who had pestered him on earth. "Well, Mr. Robinson," said the traveller. "I'm here for that appointment. You'll remember that every time I came into your office to interest you in my proposition you told me you'd see me here first."

The difference in elevation between Lakes Superior and Erie is only 30 feet, while the difference between Lakes Erie and Ontario is 327 feet.

Highest mountain in Canada east of Alberta is Cirque Mountain in Labrador, 6,500 feet.

Retail stores in Canada did a record total of \$12.9 billion of business in 1955; independent stores accounted for \$10.6 billion, chain stores for \$2.3 billion.

In 1955 the amount remitted to the federal government by the Canadian automobile industry as sales and excise taxes on new cars exceeded the industry's payroll for the year. The figures were: sales and excise taxes, \$172 million; payroll, \$154 million.

(Continued on last page)

HERE AND THERE

The C.W. of St. Victor's Church held a very successful bake sale last Saturday afternoon.

Last Sunday evening members of the local Order of Eastern Star Chapter held their first annual church parade to the United Church and worshipped with the members and adherents of the church in the regular service. About 36 members of Chapter were present along with about 45 other residents of the town and district were also in attendance.

One afternoon last week Mrs. J. A. Renaud entertained several friends at her home when a very pleasant time was had. Three of the guests were congratulated since they had birthdays recently. Mrs. Renaud does not enjoy very good health and it is only on rare occasions that she is able to leave her home.

The Gleichen-Cluny District Craft Clubs will hold their show and auction sale at the Recreation Centre May 19 instead of May 18, as reported last week.

The staff of the United Church Sunday School entertained Mrs. W. Pugh and her daughter Linda, and the former's class of Senior Girls, at the Manes. The guests and staff present enjoyed several games very much. Just before lunch was served by the hostess and some members of the staff, Mrs. P. Szwee, in a few well-chosen words presented Mrs. Pugh with a hymn book with music, as a parting gift from the staff and the pupils of the Sunday School. Mrs. Pugh expressed her regret at leaving her class of girls that she liked so much and had enjoyed teaching since last September, and spoke of her delight in the work in the Sunday School. She thanked them all for the gift, which she appreciated very much, remarking it was something she had wanted for some time, and would use it often in her own home and in the church in Calgary that she would attend.

Mr. and Mrs. M. Yates of Olds, attended the birthday anniversary of the Alberta Star. There they met and chatted with many who they met when they lived in Gleichen.

Civil Defence

The mechanization of war has made cities, where factories and industrial plants are most densely concentrated, the likeliest targets in a nuclear war. Federal civil defence officials estimate that one A-bomb, with the destructive force of 5,000,000 tons of TNT would obliterate everything in an area of about 28 square miles.

That wouldn't leave much of any Canadian city and there is, therefore, only one sure means of survival for the people living in such a city: not to be there when the bomb goes off. A basic plan of evacuation that can be adapted to any Canadian city has been worked out by federal civil defence experts. Briefly, it is this: Phase A—Enough warning of an attack is expected so that about a third of the population can be taken out to communities up to 100 miles away. This would include children up to high school age, mothers with small children, patients and staffs of hospitals and others who have key work to do.

Phase B—Planned withdrawal of the rest of the population when attack appears certain. Every available means of transportation would be used. This requires a carefully worked out plan, for which the provinces and municipalities are responsible. A city must be divided into sectors, each with its exit route. No traffic would be allowed to cross exit routes and incoming traffic would be stopped at least 25 miles out of the city. Police and civil defence volunteers must provide the vast amount of supervision required for carrying out the evacuation.

Phase C—Civil defence authorities must instruct the public on whatever additional survival action should be taken as the bomb ex-

Chapter Observes 42 Birthday

The 42nd birthday anniversary of the Alberta Star Chapter was held in the Masonic Hall one evening last week. A large number of visitors were present from Calgary, Strathmore, Standard, Husky, Bassano and Olds. Margaret Bell, Mable Armitage and Bessie Bloom P.G.M.'s, were present also Margaret Anderson, Ellen Armstrong Jessie Kennedy, Evelyn Hildebrand and Laura Byrd who are Grand Officers. Other distinguished guests, visitors and members brought the attendance to approximately 140.

Margaret Bell, P.G.M., was presented with an Honorary Membership in the Alberta Star Chapter. Others who were honored on this birthday occasion were 23 Past Matrons and Past Patrons of the local Chapter.

The highlight of the evening was a talk given by Bessie Bloom, P.G.M. She told of her trip to the General Grand Chapter in Washington, D. C., last year. She gave the tribute which she had given to the Union Jack while there.

At the close of the evening a delicious lunch was served.

NOTICE



The special Committee appointed by the Legislative Assembly at the recent Session for the purpose of reviewing the provisions of the Alberta Liquor Control Act in order to recommend amendments thereto, will receive written briefs from interested persons, groups, and organizations prior to June 1st, 1956.

Representatives in support of the briefs submitted by organizations or groups only will be heard commencing June 18th.

Organizations and groups that submit briefs will be advised when to appear before the Committee. Twelve copies of the briefs should be sent to: The Clerk of the Legislative Assembly, Legislative Building Edmonton.

R. CREVOLIN,
Secretary of Committee.

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Luxurious high-fat diet one big reason for heart attacks

After a thorough study of all known clues to why American men are so much more prone to heart attacks than men of some other nations, a distinguished scientist could put a finger on only one thing—the American "luxurious high-fat diet".

"The incidence of myocardial infarction among American men aged 50 is not simply a little higher than among men of the same age in populations who live on low-fat diets—it is many times higher," said Dr. Ancel Keys, di-

rector of the laboratory of physiological hygiene of the University of Minnesota.

He granted at once that neither he nor anyone else could prove that all of "this tremendous difference" was due to high fat diets alone. "But it is fair to say," he added, "that, except for physical exercise, no other clue is in sight. Even the concept that 'stress and strain' is influential needs study because of the complete absence of evidence for its validity."

Old theory dismissed

He dismissed the "stress and strain" theory by saying it persisted because of its "psychological basis," then quoted approvingly the British scientist, Dr. E. M. Arnott: "How much nicer it is when stricken with a coronary thrombosis to be told that it is all due to hard work, laudable ambition, and selfless devotion to duty than to be told it is due to gluttony and physical indolence."

Arnott was one of 25 world scientists to whose works he referred in a technical bulletin circulated among physicians by the American Heart Association. He spoke also on a basis of his own investigations, of course. The "physical exercise" clue he minimized, too—because American manual laborers are many times more prone to heart attacks than manual laborers in countries with low-fat diets.

"Obviously, a major choice is looming, both for coronary patients and for potential coronary patients, and, unfortunately, the latter category includes most American adults at the present time," he said. "Are we to continue the trend towards higher and higher fat diets?"

Too many calories

"In the past 40 years the national average has risen from about 30 percent of calories from fats to the current level of over 40 percent. Studies on the diets eaten by American soldiers show around 45 percent fat calories!" His idea was that no diet should obtain more than 20 percent of its total calories from fats. He was emphatic that he would never ask Americans to live on such unattractive diets as those of the Bantus of Africa among whom overweight men are not at all rare while heart attacks are very rare. "Reasonably low-fat diets can provide infinite variety and esthetic satisfaction to satisfy the most fastidious, if not the most gluttonous, among us," he said. "Cook books would need re-writing perhaps, and culinary skill would be at a higher premium than now."

World congress of entomology

Some 1,500 of the world's foremost entomologists representing 60 countries will meet in Montreal this coming August 17-25 at the Tenth International Congress of Entomology. They will review progress made in controlling destructive pests in agriculture, forestry, manufactured food products and other fields. The Congress is under the patronage of His Excellency the Governor General of Canada and the national host is the Entomological Society of Canada.

The congressional sessions will be held at McGill University and the University of Montreal. The 1956 World Congress is the first to be held in North America since 1928 when Cornell University was host to the organization. The last World Congress was held in Amsterdam in 1951 when some 50 countries were represented.

Writing to the President of the Tenth International Congress of Entomology, Dr. J. G. Taggart, Deputy Minister of Agriculture states: "Canada has indeed been honored in the decision of the Congress to meet in this country and I feel that many sectors of the Canadian Economy will, directly or indirectly, receive benefit from it."

TRY AND STOP ME!

By BENNETT Clegg

What does a circus stunt man, who specializes in being shot out of cannons, think about? Well, Luis Roleys, who did that sort of thing superlatively well in Barcelona, Spain, for over 10 years, thought a lot about his wife—and her occasional bad aim. For it was she who fired the cannon. Seventeen times Roleys went to the hospital. Finally, she shot him straight into the lions' cage. That did it. Stunt man Roleys applied for a job selling tickets.

A stoutish lady hurried into the city health department of Charlotte, N.C., and was promptly directed to the maternity section. After a thorough examination, including X-rays, she suddenly rebelled, declaring, "I don't see why I have to go through all this just to get my little boy's teeth fixed!"

Mr. Sapporas was watching the stock ticker when his 12-year-old daughter phoned to report "Mommy put both cars in the garage this morning and now she can't get them out."

"Why not?" asked Mr. Sapporas. "You seem to have forgotten just like mommy," said his daughter. "We only have a one-car garage."

A tax collector was examining the books of a defiant—but slightly worried—delicatessen proprietor when the clerk, climbing aloft to fetch a can of preserved peaches, upset a whole pyramid of same. Cans came tumbling down on the tax collector's noggin, sending him sprawling to the ground.

"Be careful, Irving, you fool," cried the proprietor. "Supposing that had been a customer!"

Timothy seed exports

At the end of December, 1955, Central Ontario reported a total of 200,000 pounds of timothy seed exported to the United States. The Lower Ottawa Valley had shipped 180,000 pounds to Europe, 60,000 pounds to the United States and 30,000 pounds of red clover seed to the U.S.A. From the Upper Ottawa Valley sub-district, 12,000 pounds of Climax timothy, registered and certified grades, had been shipped to the United States.

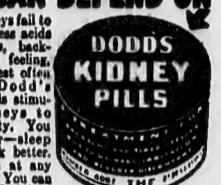
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OUR COMPLETE SHORT STORY—

lazy boy

—By I. DE LA TORRE

HIS sneakers raising puffs of dust, Billy raced down the path to the lake. Now he stopped, snatched an overhanging branch and clung to it, gasping for breath. After a backward glance satisfied him that the little white schoolhouse no longer showed through the trees, he jerked up his black trousers and shuffled on.

"School!" he mumbled to himself. "I'm sick of it! And if Ma put on any more crying acts when I talk about quitting, it just ain't going to do her any good. I could fake my age and join the Navy to see the—Nah! I'll just drift around, free like a kite."

Now that his future was so promptly settled, Billy looked around for something to attract his immediate interest. A thin column of smoke rising from the clearing caught his eye.

"Funny time for anybody to have a fire on the beach," he told himself and dashed across. The two men crouching over the fire turned around as Billy approached. Both wore shabby clothes, and their faces looked as if untouched by water or razor for weeks.

"You — you tramps?" Billy blurted.

The two men looked at each other and the one sitting on an overturned lard can answered.

"Yeah, we're bums. What you doin' here? Ain't yuh supposed tuh be in school?"

"Sure. Just taking a vacation today," and Billy grinned, pleased with his wit.

The big man who had just spoken picked up a twig, snapped it, threw it on the fire.

"Hey, Joe," he grunted to his companion, "what yuh say duh kid joins up wid us?" He put his hand on the boy's shoulder.

"You mean go around tramping with you?" Billy broke in.

"Yuh know how tuh ride rails, kid?" Joe inquired.

"Sure—sure I do." Billy wasn't as certain as he sounded, but from what he had seen of "riding the rods" in the movies it looked easy enough.

The first tramp picked up a rusty can and with the aid of a stick propped it in the centre of

Foreign themes in new fabrics

Decorating fabrics this year borrow color and design ideas from many countries.

The Far Eastern theme appears everything from upholstery to draperies, and the golden tones associated with Oriental designs assume major importance.

Yellow, ranging in hue from pale pastels to bronze-golds, emerges as an outstanding decorative color for spring.

From Southern Europe comes a wide range of blue-greens, wine-reds, rich purples and browns. Attractive floral prints blend well with French Provincial, while geometrics are liked in Scandinavian-influenced modern settings.

As for the fabrics themselves, most important news is the abundance of easy-care blends of synthetics and natural fibres, with the emphasis on texture.

Ancient Egyptian kid sandals unearthed by archeologists have retained their brilliant colors after 4,000 years.



JOE DIMAGGIO AND SON—While the rest of the baseball world is busy with spring training, retired Joe DiMaggio spends an afternoon with his son, Joe, Jr., 14½, around a pool at Beverly Hills, Calif. DiMag enjoyed a short visit with his son before flying to New York.

Why exercise?

BY S. F. CALDWELL

Physical Director, Regina Y.M.C.A., Regina, Saskatchewan

Research data recently published in the United States and Canada has pointed out the low fitness level of the North American people in terms of muscular strength, endurance and flexibility.

Many of our children and adults alike lack sufficient strength to lift their own body weight up to chin height and are unable to bend, keeping the knees straight, and touch their fingers to the ground.

The need for more exercise of a vigorous nature is greatly in evidence in our era of television, movies and spectator sports.

Experiments have shown that individuals who exercise are subject to fewer colds, less nervous tension and fewer backaches than persons who live a highly pressured life of appointments and tense, frustrating situations with no outlet whatsoever.

The tremendous importance of

Make retirement a new career

Many busy active people find that after retirement they cannot stand the monotony of idleness. Once the lifetime job is ended, there should be a substitute to occupy hands and mind. For at least ten years before retirement, a lot of time should be spent in choosing and experimenting with various hobbies and sparetime occupations, to be commercially profitable or not, according to the need for money to help to eke out the pension. There are many volumes available in most public libraries in which various hobbies are described, and most people will find several of interest for their later "career."

Exercise leads to greater strength, agility, balance, endurance and flexibility. The types of activity an individual may engage in to receive an adequate amount of exercise are walking, hiking, skiing, skating, hockey, swimming, track and field, wrestling, gymnastics, weight training, calisthenics and numerous others.

Games also play an important role in the physical development of the individual, but they are only a part of the physical training picture. Most games exercise and develop the muscles of the thighs and legs and entirely miss the arms, shoulders, chest and back muscles.

A varied exercise program, involving the large muscles of the lower and upper body will not only enhance the appearance of the individual but also the physical efficiency so he may better serve himself and others.

GARDEN NOTES**Frequent change of residence no obstacle to good garden**

Even people who have just moved into a brand new house can have a good garden and have it this season too. Even those who rent and move every few years can also have an excellent showing. In these cases, of course, we rely on annual flowers rather than perennials which must get established. And, it is amazing what can be done with annuals exclusively. We can get vines that will cover a porch in a matter of weeks, things like scarlet runner beans, the modern and vastly improved morning glories. Or we can use window boxes filled with trailing nasturtiums, and semi-training petunias, marigolds and zinnias.

For big screens to act as hedges there are all sorts of rapid growing bushy annuals like cosmos, African marigolds, spider plants, larkspur, hibiscus, malope and others that are listed in any Canadian seed catalogue. These quick growers reach two to four feet and will take the place of shrubbery and give privacy as well as abundance of bloom. As for the regular beds, there are hundreds of annuals from which to choose.

Where we have just moved in we can combine special annuals with the permanent perennials which will eventually take their place. In amongst the tiny new shrubs, climbers, and trees, we plant liberally with big annuals and we continue to do this for the first few years until the permanent stuff has got established and requires the full room.

Can't buy this quality

We all know the old argument about it being cheaper to buy vegetables than for the urban man to grow them. That is all very well but it overlooks an important point. No matter how handy the store and how fast the transportation, it just isn't possible to buy the sort of freshness that comes only with vegetables grown in one's own garden. A little plot where we have a few feet of lettuce, onions, radish, carrots and perhaps a row of beans, tomatoes, or corn, will repay itself many times over just in freshness alone.

Recent data from Dr. Hans Kraus has shown that by giving exercise to people with lower back pains the result for most of these persons was the elimination of the painful affliction. While the improvement may be attributed primarily to increasing strength in the pelvic area, promotion of circulation in the lumbar and sacral area was tremendously important.

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WEEKLY BIBLE COMMENT**PENTECOST MARKS BIRTH OF THE CHRISTIAN CHURCH**

The birth of the Christian church is usually dated from the Day of Pentecost.

Hitherto, Christianity had its growth in the fellowship of the Teacher and His disciples moving about from place to place. But now, with their Master ascended, the disciples became organized into a more definite fellowship.

Originally, Pentecost was a festival held 50 days after the Passover. A Jewish festival, it became a symbol in the Christian church of the outpouring of spiritual power. We speak today of a "Pentecost of grace," a "Pentecost of blessing," a "Pentecost of power."

What did it mean to receive the Holy Spirit? What do we mean by the Holy Spirit? There have been various forms of definition and interpretation, even among those who have accepted the belief in three persons in the Godhead—Father, Son and Holy Spirit. Some have thought of them as three manifestations of the one God.

It is obvious that in considering the Trinity we are in a realm of mystery, where definitions and explanations are exceedingly difficult and where any one man's human conception may fall far short of reality.

Perhaps we may say that the Holy Spirit represented to the disciples the same presence that Jesus had represented when He was among them.

The baptism of the Holy Spirit is the baptism of God—the power of God manifest in the hearts and lives of men.

double cropping, we alternate rows of an early kind with a later one, for instance radish and carrots or lettuce and beans, or peas and corn. We also have less space than normal between the rows, if necessary no more than 12 or 15 inches.

The early stuff, of course, comes on quickly and is used up before the later maturing vegetables require full bloom. Another practice is to follow the harvesting of the first vegetables like the peas, lettuce, spinach, radish, early onions, etc., with another sowing of the same or something else that will be ready say in August of September. Then there are certain crops like squash and pumpkins, that we can plant in the outside rows and we can have staked tomatoes along the end of any vegetable row and cucumbers along the fence.

Almost every one is inclined to plant far too deeply. With tiny seed such as that of lettuce, carrots, cosmos, zinnias, poppies, and Alyssum, which are not much larger than the head of a pin or shingle nail, it is not necessary to cover at all. We sow these in the finest soil and merely press in. Then, if possible, we keep the soil dampened until germination starts.

With larger seeds such as nasturtiums, peas, beans and corn, one should cover lightly, say a quarter to half inch. With bulbs or corms of gladioli, dahlias, or potatoes, one plants four to eight inches deep.

Explain 'pink' in chickens

That pink color appearing in well-done roasted chickens and questioned by housewives is the result of the same chemical reaction that causes redness in ham and other cured meats, scientists have discovered.

Any roasting flame, the researchers point out, produces minute amounts of gases which react with hemoglobin remaining in the flesh of even well-bred birds to leave the tinge.

The age of the bird, amount of fat under its skin, heat of the flame and method of roasting determine how much of the flesh turns pink and how deep the color goes, the specialists added.

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Forms of tender with specifications can be obtained from the Chief of Purchasing and Stores, Department of Public Works, Garland Building, Ottawa, the District Architect, 705 Commercial Building, Winnipeg, Man., W. T. Rutherford, Officer in Charge 308 London Building, Saskatoon, Sask., the District Architect, Sun Building, Cor. 104th Ave & 108th St., Edmonton, Alta., and the District Architect, 1110 West Georgia Street, Beggs Building, Vancouver, B.C.

Tenders will not be considered unless made on or according to the printed forms supplied by the Departments and in accordance with conditions set forth therein.

The Department reserves the right to demand from any successful tenderer, before awarding the order, a security deposit in the form of a certified cheque drawn on a bank incorporated under the Bank Act or the Quebec Savings Act payable to the order of the RECEIVER GENERAL OF CANADA, equal to 10 per cent of the amount of the tender, in accordance with the Government Contracts Regulations now in force, or Bearers Bonds, with unmatured coupons attached, of the Government of Canada or the Canadian National Railway Company and its constituent companies, unconditionally guaranteed as to principal and interest by the Government of Canada.

The lowest of any tender not necessarily accepted.

ROBERT FORTIER,
Chief of the Administrative Services and Secretary, Department of Public Works, Ottawa, April 26, 1956.

Town & District

So far we have had six months of winter. Wonder how much longer it will continue.

Tom Bates leaves on Saturday for Ireland where he will spend several months visiting relatives.

Brian McKay has been confined in the Bassano hospital owing to illness.

Flight-Sergt. J. J. (Buster) Roueche has been appointed to Flying Officer. At the present time he is taking a special six weeks course at London, Ont. When he has finished there he will be moved to another location.

Our old friend George Hunter has been laid up with a bad cold.

Miss Ethel Bates who is with the staff of the Department of Indian Affairs in Calgary for sometime has been transferred to Edmonton. She left for the northern city Saturday.

Roy McLeay underwent a lung operation in the Belcher hospital Thursday. He is reported to be making good progress towards recovery.

Roger Gleddie celebrated his fourteenth birthday last Wednesday when a number of his friends gathered at his home and had a weiner roast.

The F.W.U.A. met at the home of Mrs David Yule last Thursday afternoon. Fourteen members answered the roll call, "My Childhood Experience." A donation was made to the Cancer Fund. A bulletin on the Associated Country Women of the World was read by Mrs. McMillan, and a paper on Homecraft was read by Mrs. Floyd Sammons. The next meeting will be held at the home of Mrs. W. Towers on Thursday afternoon, May 10. Members are requested to bring their mother's picture for the Mother's Day program.

The travel films on Newfoundland, Norway and the immense park in Africa, and two comic films were shown Friday night at the school and were very much enjoyed. There were about 75 present. A lot of tickets were sold in town and district so a nice sum of money should be realized towards the curtain fund.

ANNOUNCEMENT

Mrs. Helen Bogstie announces the engagement of her daughter, Lillian Margaret (Peggy) to Mr. L. C. Menard. Wedding to take place on May 16th.

(Continued from page 1)

Civil Defence

plies. Everyone must remain in shelters or, if on an evacuation route, keep going until directed to shelter. These directions would be given by radio through traffic officers and civil defence wardens.

Phase II—in this post-bomb period, hundreds of thousands of people will be scattered outside the city in small communities. People may be separated from families and must be brought together again. They must be kept informed, given food, shelter and clothing and protection against radioactive fall-out, the dangerous dust from the pulverized city sifting down from the sky an hour or so after the blast.

The rehabilitation period that followed would not be handled by civil defence alone but by all government agencies and all the people of Canada.

To carry out such an immensely detailed plan these essential steps are recommended:

A well organized civil defence force, including auxiliary personnel for police and fire duties and wardens, about one to every 150 families to supply the vital link between the people and the city's main C.D. organization.

Development of an operational plan for evacuation. The city civil defence director should set up working teams to find solutions to every problem. Then the plan must be tried out.

F. F. Worthington, federal civil defence coordinator, was not exaggerating when he said: "Evacuation of a large city will work well only when a great deal of planning and testing has been done."



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THE CHARTERED BANKS SERVING YOUR COMMUNITY

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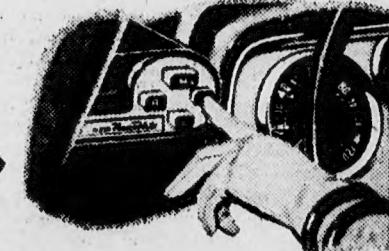
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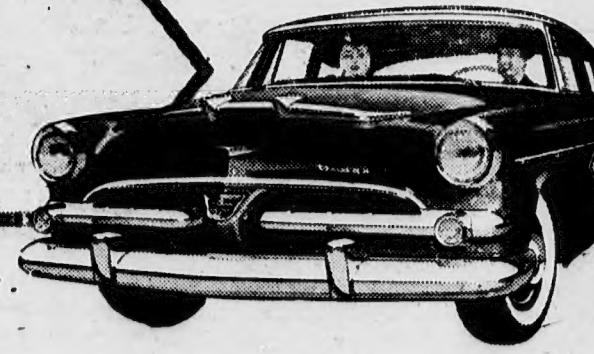
- Flight-Sweep styling, the one really new development in design!
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